



299
to You

AUGUST 2021

www.greenwichct.gov

203-862-6700

Aquafit at the
YWCA

*Balance &
Strength*
w/Wendy Rosa

Chair Yoga w/
Linda Lombardo

*Intermediate &
Advanced Art at
the Senior Center*

Knitting Knotch
at the Senior
Center

*Mondays in
Motion w/Linda
Lombardo at the
Senior Center*

Tech Time
w/Nicole

Walk the Distance
w/Wendy Rosa



**TUESDAY
DRIVE-THRU
LUNCHES**

**AUGUST 10th
AUGUST 24th**

View/Like Us On The Town of Greenwich Facebook Page

**DRIVE
THRU
LUNCH**



DRIVE THRU TUESDAYS

AUGUST 10TH

SOMETHING NATURAL

PRIME ROAST BEEF SANDWICH
BILL'S RED BLISS POTATO SALAD
OATMEAL RAISIN COOKIE



**AUGUST 24TH
*FAIRFIELD PIZZA***

CHEESE RAVIOLI
MEATBALL
SALAD • COOKIE

YOU **MUST** PRE-REGISTER WITH DEANA
BY 11AM ON MONDAY
BEFORE LUNCH (203) 862-6700

\$5.00 PER LUNCH
LUNCH PICKUP 12:00AM - 1:00PM



TO PAY:

Please pay by **CHECK** payable to
the Town of Greenwich or **EXACT CHANGE**
when you pick up your meal(s).

**\$5 Per
Lunch Pick Up
12:00 am -
1:00pm
Greenwich
Senior Center
Circle**

THANK YOU TO OUR GENEROUS SPONSORS!

Morgan Stanley

Proud Supporter

Morgan Stanley is proud to support
The Greenwich Commission on Aging.

Greenwich Branch

One Fawcett Place, 3rd FL
Greenwich, CT 06830
+1 203 625-4841

Amy.Mooney@morganstanley.com

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SIP019 CRC 2565254 06/19 CS 9609363 06/19



 **Sterling Care**
Beyond home care. *Life care.*

Concierge Care Services

- Companions & Personal Care Attendants
- Memory Care Program for Alzheimers & Dementia
- Geriatric & Long Distance Care Management

235 Glenville Road, Greenwich, CT 06831
Connecticut (203) 532-0500

Email: info@sterlingcare.com Website: www.sterlingcare.com

Medical Home Health Agency

- Visiting Nurses
- Physical, Occupational & Speech Therapists
- Medical Social Workers
- Home Health Aides

95 Church Street, White Plains, NY 10601
New York (914) 517-0520



The Greenwich Police Emerald Society

&

Combined Organization of Police



Cordially invite you to join us for:

*The Wearing Of The **GREEN**wich Thank You Parade & Tattoo*

September 19th 2021 - Step off @ 1 PM Greenwich Town Hall

Family Friendly Parade Down Greenwich Avenue!

The parade will celebrate the 125th Anniversary of the Greenwich Police Department and honor Greenwich Hospital Staff, First Responders, and Essential Workers who helped us through the pandemic.

Led by **100 Police Motorcycles**, a team of **Horses**, **10 Bagpipe Bands** and **Police Honor Guards** from around the country!

March with us in our Emerald Themed Parade through the heart of Greenwich Connecticut. The parade will lead you to our **Emerald Society Tattoo in the Park**. Bagpipe Bands will show off their skills as well as perform in a Mass Band. In addition we will have other Celtic themed performances.

Wear your Kilt

Contact:

Capt. James Bonney (203) 622-3374
CaptainBagpipe@gmail.com



CALL-A-RIDE OF GREENWICH IS BACK!!



With much consideration and planning for the Safety of our Drivers and Riders the Call-A-Ride of Greenwich INC. Board has decided to resume their Service ----- FREE Rides for Greenwich Seniors to any location in Greenwich. Our restart date will be April 12, 2021.

This past year – COVID-19 has been troubling, uncharted and worrisome for all. Safety is our first Priority,.... we have consulted many sources including: CDC Guidelines, Connecticut Guidelines, Greenwich Department of Health and Greenwich Commission on Aging, Riders and Volunteer Drivers

We have created Reopening Safety Protocols that must be observed. These include: Sneeze Guards installed in our cars, wearing of masks, Riders in back seats, one Rider at a time, taking temperatures, asking health questions. We also have two documents that must be signed once by the Riders and returned to Call-A-Ride office, before getting a ride (General Release of Liability and Acknowledgement)

Call the Call-A-Ride office ---- 203-661-6633 --- for more information and to schedule your Rides

Call-A-Ride is so looking forward to resuming our Service. Thanks to our Riders and Drivers

CALLING ALL KNITTERS

The Art Studio will once again be open for the
Knitting Knotch.

Thursdays 10:00 am – Noon

Registration required

Call Lynn 203-862-6721



This Photo by Unknown Author is

AUGUST ON-SITE **CLASSES**

Mondays: Mondays in Motion w/Linda Lombardo
10:30 am - 11:15 am
Senior Center Dining Room

Tuesdays: Advanced Art w/Lorraine Gelard (Full)
Intermediate Art w/Lorraine Gelard
1:00 pm - 3:00 pm
Art Studio (Downstairs)

Wednesdays: Chair Yoga w/Linda Lombardo
12:30 pm - 1:15 pm
Senior Center Dining Room

Italian Class w/Luciana Orzano
1:30 pm - 2:15 pm
Art Studio (Downstairs)

Thursdays: The Knitting Knotch
10:00 am - Noon
Art Studio (Downstairs)

Fridays: Tai Chi w/Bill Wrenn
10:00 am - 10:45 am
Dining Room or outside in the Commons

- **On - site class sizes are limited.**
- **You **MUST** register by calling Lynn Mason at 203-862-6721.**
- **If you show proof of vaccination, you will not be required to wear a mask.**

ATTORNEY GENERAL TONG LAUNCHES ELDER JUSTICE HOTLINE

(Hartford, CT) – Attorney General William Tong, Aging and Disabilities Commissioner Amy Porter, Consumer Protection Commissioner Michelle H. Seagull and the Coalition for Elder Justice in Connecticut today launched the Elder Justice Hotline-- a “one stop shop” for older in adults in Connecticut in need of information, aid, and justice.

Elder justice issues can range from age-based discrimination in the workplace to scams and frauds, elder abuse, neglect, and exploitation. As a result, no one state agency can answer every question. The Consumer Assistance Unit of the Office of the Attorney General will staff the hotline and refer matters as appropriate to agencies across state government. The hotline can be reached at **1-860-808-5555**. Individuals may also access information about the hotline, resources, and an online complaint portal here: <https://portal.ct.gov/ag/elderhotline>

“If you have been the victim of a scam, or have been neglected, exploited or abused, we are here to help. It’s hard sometimes to know who to call, so we want to make it easy. The Elder Justice Hotline can answer your questions, connect you with trained investigators, and help you access aid, support and justice,” said Attorney General Tong.

“We are pleased this hotline will make it that much easier for older adults and their families to make connections that support their independence with dignity and respect,” said Aging and Disability Services Commissioner Amy Porter.

The Coalition for Elder Justice in Connecticut is a multi-disciplinary, statewide group of private and public stakeholders working together to prevent elder abuse and protect the rights, independence, security, and well-being of vulnerable elders.

“This is another important tool in the toolbox for state agencies to work together to protect consumers from age-based discrimination in the workplace, scams and frauds targeting older adults, elder abuse, neglect, and exploitation,” said DCP Commissioner Michelle H. Seagull. Reports of suspected abuse, neglect, or exploitation received through the Hotline will be referred to the Protective Services for the Elderly program of the Department of Social Services. DSS social workers investigate reports of elder maltreatment and neglect (including self-neglect) and intervene with services and connections to community partners.

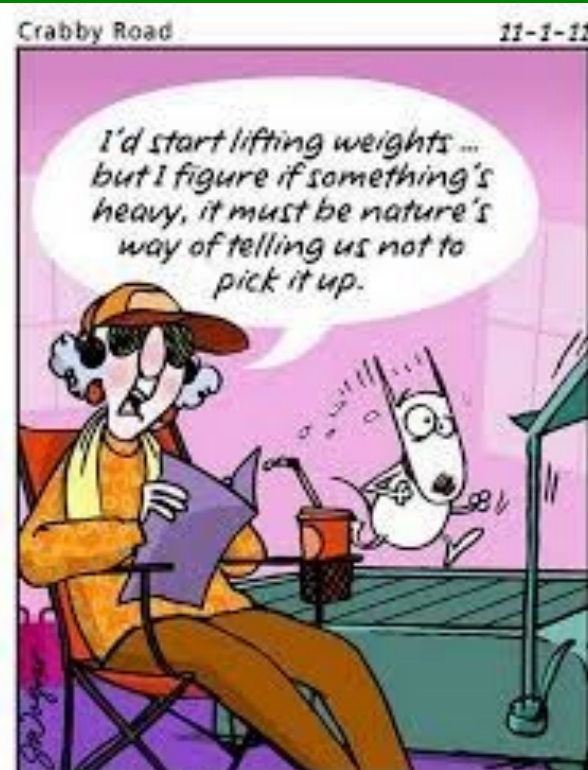
“Unfortunately, older adults are especially vulnerable to serious maltreatment, including physical, emotional and even sexual abuse, along with neglect and financial exploitation,” said Dr. Deidre S. Gifford, Department of Social Services Commissioner and Department of Public Health Acting Commissioner. “Our Protective Services social workers help adults 60 and older by investigating allegations and providing or arranging for services to alleviate and prevent further maltreatment. We also provide conservator of person and estate services when vulnerable older adults have no one to care for them or their interests. We thank Attorney General Tong and his staff for launching the Elder Justice Hotline, which promises to be an important contact point and resource for Connecticut’s older adults and their families and advocates.”

“This hotline will help law enforcement, as well as family and friends, protect our most targeted and vulnerable population. Our older populations sometimes have difficulty and fear when they are trying to report that they are a victim. This will be a tremendous help,” said Department of Emergency Services and Public Protection Commissioner James Rovella.

LAUGH



"So, then, when Old MacDonald turned his back, I took that ax, and with a whack whack here and a whack whack there, I finished him off."



Crabby Road 11-1-11

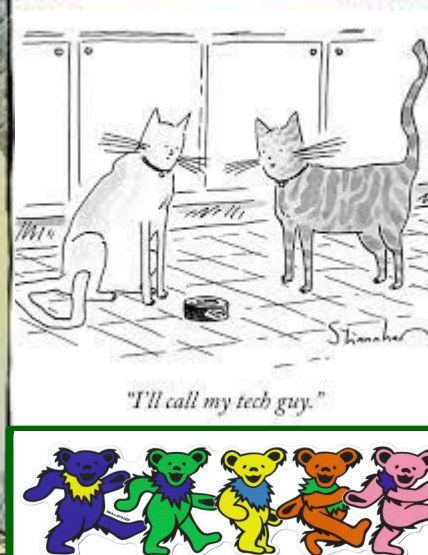
I'd start lifting weights ... but I figure if something's heavy, it must be nature's way of telling us not to pick it up.



WHAT WAS THAT "TICK-TICK-TICK-TICK" SOUND?



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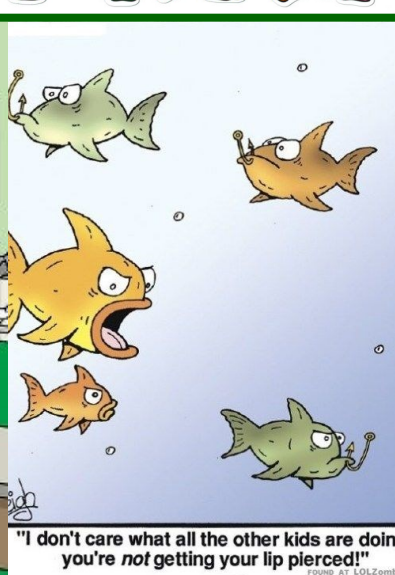
WHAT WAS THAT "TICK-TICK-TICK-TICK" SOUND?



WE'RE NEVER COMING HERE AGAIN.



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WE'RE NEVER COMING HERE AGAIN.

OUTDOOR CLASSES

WALK THE DISTANCE w/WENDY ROSA

Turn your walk into a workout !!

Class Free/Registration Required: Call Lynn @ 203-862-6721

Tuesdays 2:30 - 3:15 @ Grass Island

Thursdays Noon - 12:45 pm @ Cos Cob Park

Fridays 1:30 - 2:15 @ Greenwich Point

Wear comfortable shoes and bring a bottle of water

WATER AEROBICS

At The Byram Pool

Class Free/Registration Required: Call Lynn @ 203-862-6721

Tuesdays 9:45 am - 10:30 am (Full)

Wednesdays - 10:00 am - 10:45 am (Full)

Fridays 10:00 am - 10:45 am (Full)

WATERCOLOR JOURNALING AT

GRASS ISLAND

w/LORRAINE GELARD

Class Free/Registration Required: Call Lynn @ 203-862-6721

Fridays 10:00 - Noon

PUNS FROM THE DESK OF RUTH WILSON (age 103)

Dad, are we pyromaniacs? Yes, we arson.

What do you call a pig with laryngitis? Disgruntled.

Why do bees stay in their hives during winter? Swarm.

If you're bad at haggling, you'll end up paying the price.

Just so everyone's clear, I'm going to put my glasses on.

A commander walked into a bar and ordered everyone around.

I lost my job as a stage designer. I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Why is it unwise to share your secrets with a clock? Only time will tell.

When I told my contractor I didn't want carpeted steps, they gave me a blank stare.

Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, not U2 again."

Prison is just one word to you, but for some people, it's a whole sentence.

Scientists got together to study the effects of alcohol on a person's walk, and the result was staggering.

I'm trying to organize a hide and seek tournament, but good players are really hard to find.

I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road

**What do you say to comfort a friend who's struggling with grammar?
There, their, they're.**

I went to the toy store and asked the assistant where the Schwarzenegger dolls are and he replied, "Aisle B, back."

What did the surgeon say to the patient who insisted on closing up their own incision? Suture self.

I've started telling everyone about the benefits of eating dried grapes.
It's all about raisin awareness.

ARTHRITIS MOBILITY EXERCISE



www.arthritismobilityexercise.com

w/Tamara Sharp

Tuesdays 10:45 via Zoom

Free but Registration Required (call Lynn 203-862-6721)

This class goes through all of the body's joint groups to help keep them mobile and maintain as much range of motion as possible. With continued practice levels of joint pain may be reduced. Please note hip exercises are most beneficial when done standing. Ankle and feet exercises are most beneficial without shoes on.

www.zoom.us click 'Join Meeting' Meeting ID: 3032051305

BE AWARE OF POTENTIAL FRAUD!

Medicare covers the vaccine at no cost to you, but beware of scams.

Here's what to know:

- You can't pay to put your name on a list to get the vaccine.
- You can't pay to get early access to a vaccine
- Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for a fee; Con artists may try to get your Medicare Number or personal information so they can steal your identity and commit fraud.

Lori Contadino, MS Director
Commission on Aging
Town of Greenwich, CT
www.greenwichct.org



MONDAYS IN MOTION

w/Linda Lombardo

**Exercise Physiologist
Senior Center Dining Room
Mondays 10:30 am - 11:15 am**

Get your week off to a healthy start with this free 45 minute class

Each class begins with a focus on cardio movements

The next segment includes weights

Following this, Linda will concentrate on balance, stability and leg strengthening movements

Final emphasis is on core strengthening which is done in a chair

The entire class can be done while standing or sitting in a chair

Linda will assist in adapting any of the exercises to your particular level of strength and endurance.



TRIVIA

1. Who succeeded Spiro Agnew as vice president of the United States?
2. What two consecutive signs of the Zodiac begin with the same letter?
3. Which city is known as "Motown"?
4. What is the only bird in the famous witches' cauldron ingredient from Macbeth?
5. The "pinna" is the outer, visible part of what?
6. In which city is the world famous La Scala opera house?
7. What was the first Life Saver flavor?
8. What Asian city has an egg shaped Space Museum?
9. How many sides does a rhombus have?
10. The Broadway hit "Rent" translates what opera to a Greenwich Village apartment?
11. How many chromosomes are in human DNA?
12. What are pouched animals called?
13. What actually is a shooting star?
14. Which US state has the shortest Atlantic coastline, at about only 13 miles?
15. A scientist that studies reptiles and amphibians is known as what?
16. What ship was commanded by William Bligh?
17. What are scaup?
18. Which artist is famous for his statue The Thinker?
19. In ancient Greece, what river did the souls of dead people have to cross?
20. What is added to a Cosmopolitan martini to make it pink?

(Answers on Page 17)

WHY DO WE ASK YOU TO REGISTER FOR CLASSES?

Members often wonder why we ask them to register for classes. When we have a class list, we are able to contact you in the event the class is canceled or rescheduled for any reason.

Additionally, with the onset of COVID, it has become essential with our classes to know who might have been in contact with others in case we learn someone has tested positive for COVID. While this is unlikely in outdoor classes, we need to err on the side of caution. Thanks for your understanding.

AQUA FIT w/Wendy Rosa

Buoyancy and water resistance are components of this safe and enjoyable fitness program.

Tone, strengthen and improve cardiovascular fitness.

You can tailor this workout class to your level with guidance from the instructor.
Join us and have fun!

Begins: **Mondays** **11:15 am**
 Thursdays **1:15 pm**

Where: **YWCA Greenwich Pool**
 259 East Putnam Avenue

Cost: **\$5.00 drop in fee/session**
 paid to YWCA

To Register: Call Lynn at 203-862-6721

**** NEW CLASSES ****

CHAIR YOGA w/LINDA LOMBARDO
Senior Center Dining Room
Wednesdays beginning August 4th
12:30 pm - 1:15 pm

INTERMEDIATE ART w/LORAINÉ GELARD
Senior Center Art Studio
1 pm - 3 pm Tuesdays

KNITTING KNOTCH
Senior Center Art Studio
10:00 am - NOON Thursdays

MONDAYS IN MOTION
On-site in Senior Center Dining Room
10:30 - 11:15

TECH TIME w/NICOLE
Friday August 6, 13, 20
1:00 Tech Lounge

WALK THE DISTANCE w/WENDY ROSA
At Greenwich Point
1:30 PM Fridays

****Registration Required****
Call Lynn at 203-862-6721

TECH TIME w/NICOLE

- ♦ Do you have questions about your computer, Smart Pad or Smart Phone?
- ♦ Would you like to learn how to connect with the Senior Center or family and friends via Zoom?

Please join our new and tech savvy intern, Nicole, for one or all of 3 **FREE** tech help sessions on the following dates and times:

Friday August 6
Friday August 13
Friday August 20

All classes will take place at 1:00 pm in the Tech Lounge

You can bring your laptop or device or use one of our laptops

Call Lynn at 203-862-6721 to register

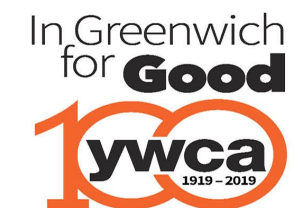
Trivia Answers (From Page 14)

- | | |
|---------------------------|---------------------|
| 1. Gerald Ford | 11. 46 |
| 2. Scorpio and Sagitarius | 12. Marsupials |
| 3. Detroit | 13. A meteor |
| 4. Owl | 14. New Hampshire |
| 5. The Ear | 15. Herpetologist |
| 6. Milan | 16. Bounty |
| 7. Pep - O - Mint | 17. Ducks |
| 8. Hong Kong | 18. Auguste Rodin |
| 9. Four | 19. Styx |
| 10. La Boheme | 20. Cranberry juice |

Many Thanks
to our generous sponsors!



Waveny LifeCare Network



August 2021 Calendar of Events

Programs Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
29:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 10:30 Trivia 1:30 Zumba with Wendy Rosa 2:30 Short Stories w/Carroll Stenson	3 9:45 Water Aerobics - Byram Pool 10:00 Advanced Art w/Lorraine G. 10:45 Arthritis Mobility Exercise 1:00 Floor Yoga w/Jeanne Labate 1:00 Intermediate Art w/Lorraine G. 2:30 Walk the Distance/Grass Island 3:00 Tai Chi with Bill Wrenn	4 9:30 Wednesday Wakeup w/Linda Lombardo 10:00 Water Aerobics - Byram Pool 10:45 Balance & Strength w/Wendy Rosa 12:30 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	5 9:15 Meditation with Megan 10:00 The Knitting Knotch 10:30 Zumba with Wendy 12:00 Walk the Distance/Cos Cob 1:30 Tai Chi with Bill Wrenn	6 10 - 12 Painting at Grass Island 10:00 Water Aerobics - Byram Pool 10:00 Tai Chi w/Bill Wrenn 10:30 Chair Yoga w/Jeanne Labate 1:00 Pilates Gold w/Jeanne Labate 1:00 Tech Time w/Nicole 1:30 Walk the Distance/Greenwich Pt
9 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 10:30 Trivia 1:30 Zumba with Wendy Rosa	10 9:45 Water Aerobics - Byram Pool 10:00 Advanced Art w/Lorraine G. 10:45 Arthritis Mobility Exercise 12:00 Drive-Thru Lunch- <i>Something Natural</i> 1:00 Floor Yoga w/Jeanne Labate 1:00 Intermediate Art w/Lorraine G. 2:30 Walk the Distance/Grass Island 3:00 Tai Chi w/Bill Wrenn	11 9:30 Wednesday Wakeup w/Linda Lombardo 10:00 Water Aerobics - Byram Pool 10:45 Balance & Strength w/Wendy Rosa 12:30 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	12 9:15 Meditation with Megan Young 10:00 The Knitting Knotch 10:30 Zumba with Wendy 12:00 Walk the Distance w/Wendy at Cos Cob Park 1:30 Tai Chi with Bill Wrenn	13 10 - 12 Painting at Grass Island 10:00 Water Aerobics - Byram Pool 10:00 Tai Chi w/Bill Wrenn 10:30 Chair Yoga w/Jeanne 1:00 Pilates Gold w/Jeanne Labate 1:00 Tech Time w/Nicole 1:30 Walk the Distance/Greenwich Pt
16 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 10:30 Trivia cancelled 1:30 Zumba with Wendy Rosa	17 9:45 Water Aerobics - Byram Pool 10:00 Advanced Art w/Lorraine G. 10:45 Arthritis Mobility Exercise 1:00 Intermediate Art w/Lorraine G. 1:00 Floor Yoga w/Jeanne Labate 2:30 Walk the Distance/Grass Island 3:00 Tai Chi with Bill Wrenn	18 9:30 Wednesday Wakeup w/Linda Lombardo 10:00 Water Aerobics - Byram Pool 10:45 Balance & Strength 12:30 Chair Yoga w/Linda 1:30 Italian Class w/Luciana 2:30 Short Stories w/Carroll	19 9:15 Meditation with Megan Young 10:00 The Knitting Knotch 10:30 Zumba with Wendy 12:00 Walk the Distance w/Wendy at Cos Cob Park 1:30 Tai Chi with Bill Wrenn	20 10 - 12 No Painting at Grass Island 10:00 Water Aerobics - Byram Pool 10:00 Tai Chi w/Bill Wrenn 10:30 Chair Yoga w/Jeanne Labate 1:00 Pilates Gold w/Jeanne Labate 1:00 Tech Time w/Nicole 1:30 Walk the Distance/Greenwich Pt
23 9:15 Meditation w/Megan Young 10:30 Trivia 10:30 Mondays in Motion w/Linda Lombardo 1:30 Zumba with Wendy Rosa	24 9:45 Water Aerobics - Byram Pool 10:45 Arthritis Mobility Exercise 12:00 Drive-Thru Lunch- <i>Fairfield Pizza</i> 2:30 Walk the Distance/Grass Island 3:00 Tai Chi with Bill Wrenn NO ART CLASSES TODAY	25 9:30 Wednesday Wakeup w/Linda Lombardo 10:00 Water Aerobics - Byram Pool 10:45 Balance & Strength w/Wendy Rosa 12:30 Chair Yoga w/Linda 1:30 Italian Class w/Luciana	26 9:15 Meditation w/Megan Young 10:00 The Knitting Knotch 10:30 Zumba with Wendy 12:00 Walk the Distance w/Wendy at Cos Cob Park 1:30 Tai Chi with Bill Wrenn	27 10 - 12 No Painting at Grass Island 10:00 Water Aerobics - Byram Pool 10:00 Tai Chi w/Bill Wrenn 10:30 Chair Yoga w/Jeanne Labate 1:00 Pilates Gold w/Jeanne Labate 1:30 Walk the Distance/Greenwich Pt
30 9:15 Meditation w/Megan Young 10:30 Mondays in Motion w/Linda Lombardo 10:30 Trivia 1:30 Zumba with Wendy Rosa	31 9:45 Water Aerobics - Byram Pool 10:45 Arthritis Mobility Exercise 1:00 Floor Yoga w/Jeanne Labate 2:30 Walk the Distance/Grass Island 3:00 Tai Chi with Bill Wrenn NO ART CLASSES TODAY	Registration is required for all Outdoor and On-site classes. To register call Lynn Mason at 203-862-6721	Regular Type = Via Zoom Green = Indoors at Senior Ctr (Registration Required) Blue = Outdoor Class (Registration Required) Red = Not to be Missed !	To Join any zoom: www. zoom.us Click: 'Join Meeting' Meeting ID: 3032051305 To join by phone: 929-205-6099 When prompted, enter 3032051305